



## Experiencing New Foods Without Breaking the Budget

You've probably already heard that you may have to introduce a new food ten to fifteen times before your child accepts it. But who can afford to waste all of that food?

Don't worry! You can expose your child to a variety of foods without spending a fortune and filling up your trash can. Children's stomachs are only about the size of their fists. A one-year-old child only needs a spoonful of vegetables as a serving. So, it only takes a small amount each time you expose your child to a new food.

To avoid the waste, try these tips when you introduce new foods to your child:

**Use what you are already eating.** Offer your child a small bite of something new to him that you are already eating.

**Be a food role model.** Eat a new food at the table with your child. Your children want to eat what you are eating. So, let them see how much you are enjoying it.

**Make a nibble tray.** An empty ice cube tray makes a great plate with lots of sections for different options. Put different foods in each section. Use both familiar foods and new foods and let your child explore.

**Find a salad bar.** Buy small portions of new fruits and vegetables from a salad bar in a grocery store. This way you can get small amounts of new foods at a low cost.

**Make a sampler plate.** Place bite size samples of lots of different foods on your child's plate at a buffet or potluck.

Introducing your child to new foods takes time and patience. Fortunately, it does not have to take a lot of money, too.

### More Tips For Introducing New Foods

- Let your child help prepare the new food. Kids are more likely to eat something they helped make.
- Offer a healthy topping or dip to go with a new food.
- Cut new foods into fun shapes.
- Let your child select a new food at the grocery store to try at home.
- Serve new foods with foods that your child is already familiar with.
- Have your child decorate a pizza with new vegetables that you have already cut up.
- Remember that young children like to explore new foods. Allow your child time to feel, smell and play with a new food.



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